



## Your Heart's Desire: Instructions for Creating the Life You Really Want

By Sonia Choquette

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### Your Heart's Desire: Instructions for Creating the Life You Really Want By Sonia Choquette

Nationally known intuitive and spiritual leader Sonia Choquette shares the nine universal principles for creating the reality of your dreams. Step by step, with practical advice, specific exercises, and modern-day parables, she teaches readers to make the changes in thought and behavior that will lead them to the attainment of their most heartfelt desires. 256 pp. National publicity. 30,000 print.

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### Editorial Review

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There are lots of books out there on creative visualization, but Choquette, author of *The Psychic Pathway* (1995), offers something more. She helps readers figure out exactly what they want before they try to get what they *think* they want. She then goes on to show how creative manifestation is available to everyone who learns the process. The engaging, chatty writing style might make this manual seem less serious than some books on the topic of spiritual development, but readers who undertake the step-by-step program Choquette sets out will find material that is insightful, even inspiring. With so many New Age titles available, it can be difficult to sort out the best from the babble. Choquette is high on the list. *Ilene Cooper*

#### Review

Sonia Choquette is a masterful teacher... You could not be in better hands or follow in more guided footsteps. Julia Cameron, author of *The Artist's Way* Sonia Choquette is the rock star of new thought. Her writing is wise, funny and true and her tools for living are second to none. No wonder she's the guru of choice for creative types across the globe. -- Anita Chaudhuri *Psychologies Magazine*

#### From the Inside Flap

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